



## Caregiver Burnout

### CAUSES

- Barriers in services
- Tensions within the family
- Unrealistic expectation
- Feeling of powerless
- Overwhelming demands
- Other factors

### PREVENTION

- Talk to friends/family members
- Find resources to help
- Understand limits
- Setup realistic goals
- Spare some time for self
- Seek professional help

### SYMPTOMS

- Loss of interest
- Social withdrawal
- Difficulty sleeping
- Overreacting, irritable
- Feeling blue, helpless & hopeless
- Substances use
- Difficult to concentrate
- Other symptoms

Caregiver burnout is a state of physical, mental and emotional fatigue, caused by prolonged & overloaded stress of caregiving.